

VITAL SIGNS

VOL XIX No. 11

Naval Hospital, Orlando, Florida

November 1993

Wellness Clinic celebrates 1st Anniversary

One year ago on 6 November, Naval Hospital, Orlando held the grand opening for a new concept in preventive medicine ... a Wellness Clinic. The 7th of November 1993 was selected as the date to celebrate the first anniversary of this very busy and productive clinic. The informal ceremony was held within the spaces of the Clinic and was emceed by CDR Debra A. VanLandingham, NC, USN, who had served as the Head of the Clinic for its first year. Among the guests attending the ceremony were RADM F. Lee Tillotson, USN, Commander, Naval Training Center, CAPT R. H. Brant, MSC, USN, Commanding Officer of Naval Hospital, Orlando, CAPT Gabriel P. Lombard, MC, USN, Director for Medical Services, and CAPT Carol A. Peterson, NC, USN, Director for Nursing Services.

The highlight of the ceremony was the recognition of six patients who were singled out from among the over 3,000 patients who have benefited from the services offered by the Clinic. All received special certificates commemorating their achievements -- but special honors were reserved for Ruthie Watson who had been chosen as the Patient of the Year. When Mrs. Watson became a patient, she weighed over 230 pounds. With that much weight on her small frame (approximately 5') she couldn't walk very far or pursue very many physical activities. With the help of LT Jean E. Kremler, NC, USN, a patient educator on the Wellness staff, Mrs. Watson has steadily lost weight and has achieved a walking regime of 3 miles a day, every day. Mrs. Watson has taken off over 80 pounds ... her strict self-

discipline and dedication leading to her remarkable progress prove her most deserving of the title of "Patient of the Year."

The other patients receiving certificates were: Ramon Patania, Estelle Sandry, Mary Scamardella, Evelyn Robinson, and HM1 Ada P. Seeker, USN.

CDR VanLandingham introduced the rest of the staff: CAPT Miki Iwata, NC, USN, who is the new head of the clinic; LCDR Nancy Z. Tapp, NC, USN; Lee Powell, RN; HM1 Ada P. Seeker, USN; Latasha Ferguson, LT Jean E. Kremler, NC, USN, who has now detached for duty at the U. S. Naval Hospital, Okinawa.



CAPT Peterson shows Ruthie Watson her special certificate commemorating her selection as Patient of the Year. CAPT Lombard was on hand to offer his congratulations.

National Geography Awareness Week 14-20 November ... so

This is a test ... this is a test!

1. Which one of the earth's four oceans separates the continents of North America and Africa?
2. The Arctic Circle passes through which U.S. State?
3. Which city is east of the Rockies -- Salt Lake City, Utah or Denver, Colorado?
4. Which continent is crossed by all lines of longitude?
5. The development of what means of transportation led to the establishment of world-wide time zones?
6. From its source to its mouth, the Missouri River flows primarily in which intermediate direction?
7. Ice covering what land mass is the source of most icebergs in the North Atlantic Ocean?
8. Baja and Yucatan are peninsulas of what country?
9. The 49th parallel marks much of the boundary between the United States and which other country -- Mexico or Canada?
10. The classic *Heidi*, by Johanna Spyri, is set in the mountains of the author's native country. Name this country.
11. El Nino, the periodic buildup of warm surface water that can affect global weather patterns, originates in which of the earth's four oceans?
12. A canal that linked the Hudson River with the Great Lakes played a major role in the commercial development of New York City. Name this canal.
13. Canals have been cut through narrow strips of land at Corinth, Panama and Suez. What is the term for such a narrow strip of land?
14. What country is Japan's principal Southeast Asian supplier of crude oil?
15. Name the small European country that is governed jointly by the president of France and a bishop of Spain.
16. Name the only U.S. state that is drained by river systems that flow into the Gulf of Mexico, Hudson Bay, and the Pacific Ocean.

Answers on Page 11

IN MEMORIAM



Mrs. Maria Parrish, LPN, Labor/Delivery/Post Partum Unit, Nursing Services, passed away on 14 September. Mrs. Parrish had been an employee at this treatment facility since 1 July 1963 when it was the Air Force Hospital. When the Navy took over July 1968, Mrs. Parrish stayed with the Navy.

American Red Cross



92 Volunteers

contributed

1,561 hours in October

November 18



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Staff Pulse Beat



SK3 Jayme M. Sappington, USN, Material Management Department, reenlisted on 20 October. LT Garth H. Gibson, MSC, USNR, Assistant Director, Branch Medical Clinic, NTC, served as reenlistment officer.

Awards Ceremony of 22 October



RP3 Kevin L. Edmonds, USN, Pastoral Care Services, received the Navy Achievement Medal from the Commander, Naval Air Force, U.S. Atlantic Fleet for his professional achievement while serving as Religious Ministries Department Petty Officer aboard USS ENTERPRISE (CVN-65). CDR John L. Diaz, CHC, USN, Director of Pastoral Care, presented the medal.



Ms Joanna M. Weller, Coordinated Care Department, received her twenty-year Career Service Award. CDR Harold T. Brown, MSC, USN, her department head, made the presentation.



LT Elizabeth K. Gillard, NC, USNR, Nursing Services, received a Letter of Commendation from the Commanding Officer, Naval Medical Center, Portsmouth, VA for her superior performance of duty as Assistant Division Officer, Neuropsychiatric Department, Naval Medical Center, Portsmouth. CAPT Carol A. Peterson, NC, USN, Director for Nursing Services, made the presentation.



HM2 Brian M. King, USN, Laboratory Department, received his First Good Conduct Award. CDR Bruce P. Rand, MSC, USN, Director for Ancillary Services, presented the medal.



HM1 Warren Cowart, USN, Laboratory Department, received a Letter of Commendation from the Commanding Officer, Naval Medical Clinic, Annapolis, MD for his assistance in processing newly arriving Naval Academy Midshipmen, Class of 1997. Petty Officer Cowart assisted in drawing over 1200 students and processing over 2400 specimens. CDR Rand made the presentation.



HN Edyta M. Figueroa, USN, Branch Medical Clinic, NTC, received a Letter of Commendation from Commander, Naval Training Center, Orlando for her professional achievement while serving as Recruit Affairs Office Assistant and American Red Cross Message Coordinator, Recruit Training Command, from May 1992 to March 1993. LT Glenn E. Gaborko, MSC, USNR, Branch Medical Clinic, made the presentation.



HM2 Jeffery R., Medlin, USN, Ophthalmology Department, received a Letter of Commendation from Commander, Naval Training Center, for his dedication to the Volunteer Services Network and induction into Commander, Naval Training Center's "100 Hours" Club. CAPT Harold A. Sloas, Jr., MC, USN, his department head, made the presentation.

HMCS(SW) Edward A. Newberry, USN, Branch Medical Clinic, NTC, received the Navy Commendation Medal for his meritorious service as Senior Enlisted Medical Representative on board USS SAN DIEGO (AFS-6). The medal was presented by CAPT Rosalia F. Dy, MC, USN, Director, Branch Medical Clinic, NTC.

Awards Ceremony of 5 November



HM2 Douglas A. Inklebarger, USN, Ophthalmology Department, received the Navy Achievement Medal for his professional achievement while serving as staff optician at the Naval Ophthalmic Support and Training Activity, Yorktown, Virginia. The medal was presented by LCDR Andrew T. Engle, MSC, USN, Optometrist.



SKC(SW) Robert T. Marshall, USN, Material Management Department, received the Navy Achievement Medal for his professional achievement while assigned as Leading Storekeeper on board USS BOONE (FFG-28). The medal was presented by LCDR Russell S. Thacker, MSC, USN, his department head.





CDR Charles B. Emmerton, NC, USN, Nursing Service Professional Practice Office, received the Navy Commendation Medal for his meritorious service while serving as Training Officer and Senior Nurse for the 2d Medical Battalion, 2d Force Service Support Group, Camp Lejeune, NC. CAPT Carol A. Peterson, NC, USN, Director for Nursing Service, presented the award.



HM2 Deon L. Huff, USN, Personnel Management Department, received the Navy Achievement Medal for his professional achievement while serving as Receipts Clerk, Standard Personnel Management System Operator, and Supply Petty Officer for his department. Petty Officer Huff has been transferred to the U. S. Naval Hospital, Naples, Italy. LT James A. Clindaniel, MSC, USNR, his department head presented the medal.

Two Naval Hospital, Orlando staff members received the Humanitarian Service Award from the Orlando Police Department. As volunteer officers of the Civil Bicycle Patrol, HM3 Holly A. Scheid, USN, Branch Medical Clinic, NTC, and HM2 Jeffery R. Medlin, USN, Ophthalmology Department, were instrumental in finding a lost child at Lake Eola on 20 May.



CAPT J. A. Beil, MSC, USN, Head, RIF Optical, presented HM3 Scheid's award.



CAPT Dy presented HM2 Medlin's award.



The money-makers are getting more ingenious all the time! The First Class Petty Officers' Association held a Baked Potato Sale on 2 November. They served red hot potatoes with your choice of toppings. They even made it possible to phone in your order!

Promotions of 5 November

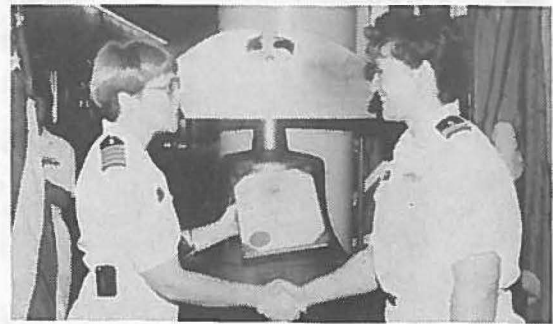
CDR David E. Davies, MC, USNR, Emergency Medicine Department, had lots of help with his new shoulder boards: CDR Laurence D. Conley, MC, USN, his department head, took care of one side and CAPT Jerry R. Crim, MC, USN, Head of Primary Care Clinic, not only administered the Oath of Office but took care of the left shoulder board.



CDR Walter L. Clements, MC, USN, Branch Medical Clinic, NTC, had the help of CAPT Rosalia F. Dy, MC, USN, his director, and CAPT Brant.



LCDR Elizabeth A. Braitsch, NC, USN, Nursing Services, celebrated her new promotion with her husband, Ted, daughter, Tricia, and son Brian. CAPT Carol A. Peterson, NC, USN, Director for Nursing Service, helped with the shoulder boards.

Awards Ceremony of 12 November

LT Vivianna F. Palomo, NC, USNR, General Surgery Department, was selected as the Nurse of the Quarter, 3rd Quarter, 1993. CAPT Carol A. Peterson, NC, USN, Director for Nursing Services, presented the certificate.



HM3 David D. Molby, USN, Mental Health Ward, received the Navy Achievement Medal for his professional achievement. While assigned temporary additional duty at Naval Hospital, Jacksonville, he was enroute from the airport to the hospital on 26 March when he saw a shooting victim lying beside the road. He immediately stopped and without considering the exposure of risk to himself, began resuscitative measures until relieved by a rescue team. The medal was presented by CDR Susan M. Smalling, NC, USN, his department head.



MS3 Lloyd Anderson, Jr., USN, Food Service Department, received his First Good Conduct Award. CAPT Michael E. Kilpatrick, MC, USN, Acting Commanding Officer, made the presentation.



HM3 Ron A. Hansell, USN, Operating Room Department, received his First Good Conduct Award. CAPT Kilpatrick made the presentation.



HM3 Yvonne R. Wheeler, USN, Labor and Delivery Unit, received her First Good Conduct Award. CAPT Kilpatrick made the presentation.



HM2 Curtis A. Reese, USN, Personnel Management Department, reenlisted on 12 November. LT James A. Clindaniel, MSC, USNR, his department head, served as reenlistment officer.

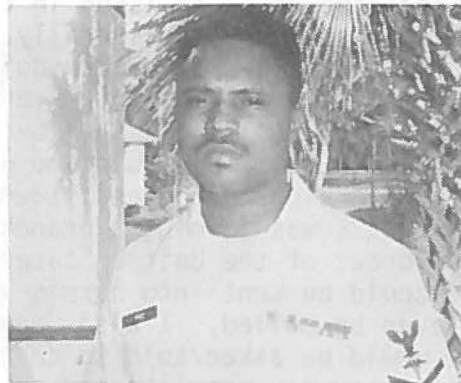
Quality Care at the Health Fair



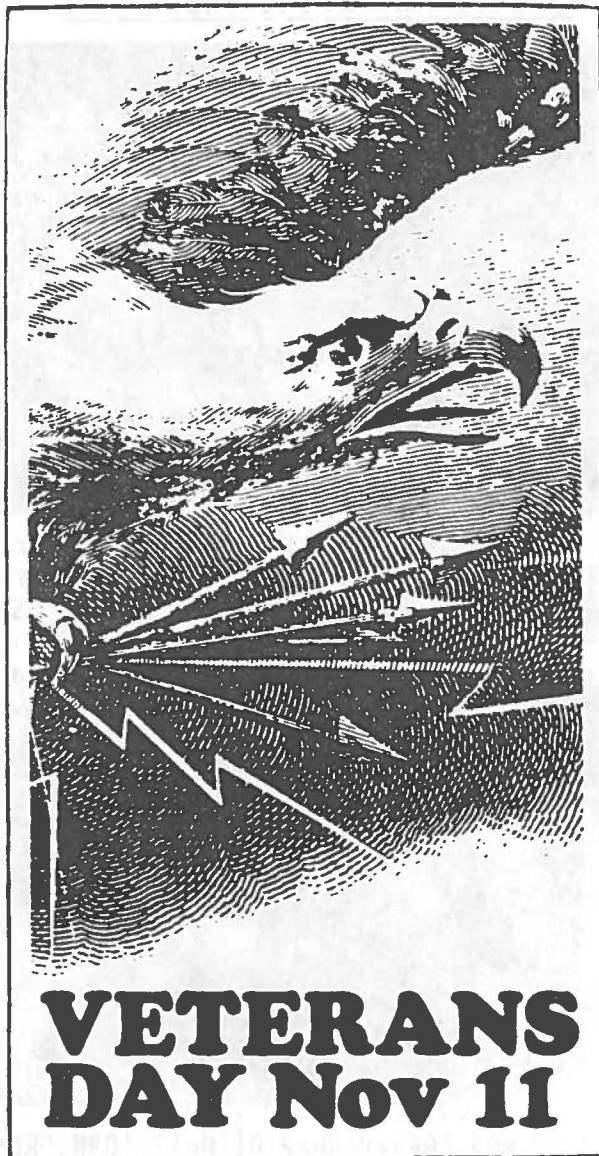
NHO's volunteer corpsmen manned the various booths at the Annual Health Fair on 13 November. HM2 Patricia M. Dubose, USN, RIF Optical, conducts a Glaucoma test on a patient with HM1 Peter G. Lauter, USN, and HN Christopher M. Penley, USN, watching.



HM2 Christopher D. Bell, USN, Respiratory Care Department, conducts a pulmonary function test on a patient.



HM3 Eric Price, USN, Emergency Medicine Department, reenlisted on 12 November. CDR Laurence D. Conley, MC, USN, Head, Emergency Medicine Department, served as his reenlistment officer.



VETERAN

By Davic Leusner

There's quiet now, the guns are
stilled
Yet in the fight our ranks were
filled.
No trench, nor other lowly place
Has need of us for war's embrace.

We are veterans --inured from
war
We know the tyrants off our
shore.
Peace was our goal our lofty
aim
It was our single hope to claim.

And -- some have fallen, glory
draped
Paid full measure for freedom's
sake
We ask for them, your pledge,
your vow
You'll keep in trust this peace
somehow.

That each of you in somber thought
Holds high this peace so dearly
bought,
That you will guard with love,
esprit
This land of hope and liberty!

THE VOLUNTEER

Since the day I enlisted in the Navy I have been sent, quite literally, around the world and I have also been doing things that I may or may not have wanted or liked to do, but I did them because I had VOLUNTEERED. I was told and understood before signing the enlistment papers that I was joining a branch of the "Armed Forces of the United States" and that I could be sent into harm's way and could even be killed. I also understood that I would be asked/told to do things that I may or may not like or want to do. I still VOLUNTEERED.

Now I see persons in the Navy who act if they were forced to join. They seem to think that the Navy is being unreasonable in the expectation that they be disciplined and do what they have

made the commitment to do. A lot of military members feel that the services are nothing more than a giant employment/education service.

The recruiting advertisements call the military a "job" and some recruiters say they are "hiring" ... but all the enlistees need to remember that they are VOLUNTEERING to become members of the "Armed Forces of the United States." The entire mission of the Armed Forces is to defend, to the death if necessary, the interests of the United States as determined by the President and the Congress.

Remember, when you VOLUNTEERED for the military, you made a commitment to the security of the United States of America.

By HM1 M. L. Klinge, USN

Honing our skills

Disaster Drill

From 26-28 October, Orlando, Florida was a part of a National Disaster Medical System Drill. The scenario was a hurricane passing through the metropolitan Miami area with anticipated casualties arriving at Orlando International Airport. On 28 October, Naval Hospital, Orlando's scenario was an ambulance carrying casualties from the airport to NHO via the base, went out of control when the accelerator stuck and ran into a company of recruits near the Branch Medical Clinic. NHO's Disaster Plan was activated and all teams moved into high gear.



Ambulatory patients.



Command Post - a hub of activity.



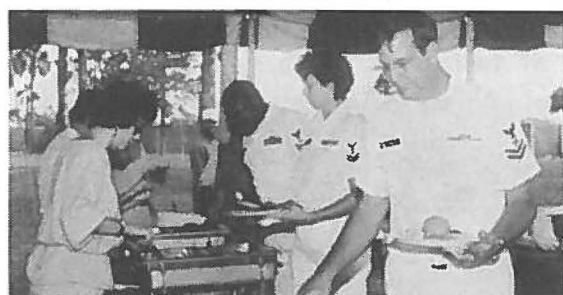
Triage area.



Emergency Room.

A crowd pleaser ...CWRA'S Oktoberfest - 21 October

CWRA's annual Oktoberfest always draws the crowd. This well-organized festival, complete with music by Navy Band Orlando, had plenty of great German food served with plenty of omph-pah-pah.



CHAPLAIN'S COMMENTS

CDR John L. Diaz, CHC, USN

People don't go crazy!

People don't go crazy ... instead, their needs don't get met. When people's basic human needs don't get met, they get anxious and reach out in the only way they know how. But this way hasn't worked in the past and continues to fail. So they become even more anxious and continue to reach out in even more exaggerated forms. Someone will certainly notice their behavior if it is openly destructive to themselves or others. Hopefully, someone will notice it if it takes more subtle forms like withdrawal, depression, alcoholism, drug abuse, overworking, over-eating, overgiving, or over anything.

Often people can't see past these symptoms, and out of embarrassment or fear, tend to avoid such persons ... others may see past the symptoms, but don't know what to do. As professionals in the helping field, it is our task to see beyond these symptoms. A beautiful example is found in the Gospel of Mark, Chapter 10, Verses 46 through 52. Jesus saw past the obnoxious behavior of the blind beggar, Bartimaeus. The significant part of the miracle was that Jesus saw what everyone else overlooked -- a hurting, needy human being. When Jesus stopped his life for this man, Bartimaeus felt he could then share what was central (sacred) ... he wanted to have his sight restored.

Miraculous things happen when we stop our lives for someone -- when we see them as hurting and needy human beings rather than problems.

People don't go crazy ... it is just that their basic needs don't get met.



SECOND CHANCE

HMCM(SW) Gary E. Patrick USN

Evaluation Ranking Boards

The top 50% of E-6 through E-9 personnel who are graded 4.0 must be ranked. This ranking is mandatory on Periodic, Advancement/Frocking and Special reports. Have you ever asked yourself "What are the boards looking for?" or "What do I need to do to be more competitive?" Each and every board is different in make-up; the point system may change from board to board, but the basics remain the same. Following are some of the items that boards are looking at:

Does the narrative match the marks? If marks are 4.0 and the narrative describes the member as average, the reader will have doubts. On the otherhand, if the narrative describes the member as the best in the command, but the marks are not 4.0, the reader again may have doubts.

What responsibilities do you have? If you have an OPTAR, how much is it? What reports are you responsible for? Have custody of any Health Records? What collateral duties? What type of watch do you stand? Supervision -- how many personnel do you directly or indirectly supervise and how well do you supervise them? What are your management and administrative skills? Volunteered for or been assigned any Operational TADs or Special Programs? Have you identified any problem areas and then taken corrective action to correct them?

How are you involved with the community? This includes military and civilian communities. Being a member of an association does not carry the same weight as being an office holder.

Donating to a cause or organization is not considered involvement. Volunteering time to help with a fund raiser is involvement. What is your potential and what initiatives have you demonstrated.

Awards received: Letters of Appreciation, Letters of Commendation, Navy Achievement Medal, Navy Commendation Medal, nomination as Sailor of the Quarter, etc.

Education and Training accomplishments: College courses completed, Navy correspondence courses completed. The key is the word completed. Anyone can take a course ... but completing it and getting the appropriate credit is what counts. BLS certification is a requirement for hospital corpsmen. Certifying as BLS Instructor is in-rate professional development.

As you can see, the whole you or at least what is on the performance evaluation for the reader is what will determine the ranking you may receive. Yes, it is very competitive, and as we downsize it will become even more competitive, but now you have an idea of what a board is looking for. What you do with this information is, of course, up to you. Good luck.

Answers to Geography Test

1. Atlantic Ocean.
2. Alaska
3. Denver
4. Antarctica
5. Railroad
6. Southeast
7. Greenland
8. Mexico
9. Canada
10. Switzerland
11. Pacific Ocean
12. Erie Canal
13. Isthmus
14. Indonesia
15. Andorra
16. Montana

TIP

CAPT R. H. Brant, MSC, USN

In appreciation

On November 13, 1993 Navy Orlando celebrated Retiree Appreciation Day. As part of the day's events, the Naval Hospital sponsored a Wellness Fair, providing on-the-spot health checks of various kinds on request. From all accounts the Health Fair was effective and well received. From the Hospital leadership perspective, the Health Fair was a model of teamwork with no job being beneath the dignity of any staff member. Hospital Corpsmen, Nurses, Dentists, and Physicians all joined forces to make the effort meaningful and successful. Each of you who participated deserve greater recognition than is possible and I hope each of you understand that your extra effort is sincerely appreciated, particularly in view of the fact that your vigilance gave others an extra opportunity for health care. To all of you we give thanks, knowing that in reality, your inner sense of satisfaction has already made you aware of the good you've done.

Since I am in the "thanksgiving" mode, I must also make a point of saying a special thank you to our hospital volunteers. I had lunch recently with Stella Anderson. She volunteers (works) for us in our Physical Therapy Department - and has since 1976. On Friday she is busy elsewhere - volunteering in the patient library at Winter Park Hospital - and has done this since 1976. Without people like Mrs. Anderson, this hospital would be less efficient and a much more impersonal institution. We owe a great deal to our volunteers, and those of you working in departments with volunteers present need to take a minute to say thanks for the help. It is they who change the character of our command to one in which Quality People can receive Quality Care. Happy Thanksgiving.

The History of Thanksgiving

Although it was not until 1864 that Thanksgiving became a national holiday, the first Thanksgiving was held in December 1621 when Governor William Bradford of the Plymouth Colony appointed a day of celebration following a heartbreaking winter. The Pilgrims had come ashore from the Mayflower on December 21, 1620. Half of the entire band had perished of disease, hunger and exposure. The following March, two friendly Indians gave them corn and seed and showed them how to plant corn, beans, squash, and pumpkin and how to catch fish to fertilize the soil. Thus, the seeds were sown for the first Thanksgiving harvest.

During the warm and bright summer, the crops grew and thrived. When autumn arrived, the three log warehouses were filled with provisions -- the harvest of 20 acres of corn and six acres of wheat, rye, barley and peas. Governor Bradford issued invitations to the Indians to join them in a feast of Thanksgiving.

Thanksgiving days, following harvests, later came to be celebrated throughout the New England Colonies but on different and varying days. George Washington proclaimed November 16, 1789 as the first national Thanksgiving Day in honor of the new constitution. But, the custom continued to vary widely among the states -- kept alive only by the proclamations of local governors.

It was a woman, Sarah Josephia Hale, editor of the popular women's magazine called "Godey's Lady's Book" who first suggested that Thanksgiving should be a national patriotic holiday. For almost 20 years she campaigned through editorials and letters to the President, state governors, and other influential people.

Finally, Sarah Hale was able to win the support of President Abraham Lincoln. In the third year of the Civil War, he believed the Union had been saved and proclaimed a national day of thanksgiving to be celebrated on Thursday, November 26 -- naming the last Thursday in November as the day to be observed each year.